

# Recommended Texts / Useful Resources for Psychiatry Trainees:

## Context:

The following recommendations are aimed to assist trainees to prepare for the RANZCP Fellowship Program examinations, particularly the Written Examinations.

The trainees are required to have in-depth and comprehensive knowledge of the curriculum, with a reminder that in addition to core clinical psychiatry, they need to cover many areas including phenomenology, epidemiology, relevant neurology and brain diseases, addictions, history of psychiatry, research in psychiatry and evidence base, drug prescribing, ethics, medico-legal concepts and professionalism. The level to target in preparation is that of a competent junior consultant. A junior consultant needs in-depth Specialist knowledge to be able to act independently and safely, working with a broad overview of the related and significant issues.

The following texts are not listed in order of priority, but rather in groups covering general and focused areas of knowledge. The list has been prepared in consultation with a number of Directors of Training and psychiatrists involved in current registrar training and exams. Trainees need to have studied in detail a number of the texts over the various areas/ fields of knowledge to be prepared for the junior consultant standard of the written exams. Supervisors, senior trainees and mentors may recommend their preferred texts. It is suggested that trainees source the most recent editions – some current ones are listed here. This list represents basic requirements. It is not intended to limit the scope of reading in any way.

Name of text		Notes
<b>Comprehensive Psychiatry Texts</b>		
1a	<b>Companion to Psychiatric Studies</b> Edited by Eve Johnston, Stephen Lawrie and David Owens; Pub: Churchill Livingstone (well-recommended and more readable than the K&S "Synopsis")	Good introductory texts for 1st years – any of these three is fine
1b	<b>Synopsis of Psychiatry</b> Kaplan & Sadock; Pub: Lippincott Williams & Wilkins	
1c	<b>The American Psychiatric Publishing Textbook of Psychiatry</b> Edited by Robert E Hales et al; Pub: American Psychiatric Publishing, Inc	
2a	<b>New Oxford Textbook of Psychiatry</b> Edited by: Michael G. Gelder, Juan Jose Lopez-Ibor, Nancy C. Andreasen; Pub: Oxford University Press (Paperback)	Much more comprehensive texts for later in training – only need to get one
2b	<b>Comprehensive Textbook of Psychiatry (2 vols)</b> Kaplan & Sadock; Pub: Lippincott Williams & Wilkins	
<b>Assessment &amp; Interviewing</b>		
3a	<b>Psychiatric Interviewing and Assessment</b> Rob Poole and Robert Higgs; Pub. Cambridge	Essential assessment texts – suggest trainees get them both
3b	<b>Psychiatric Interviewing</b> S C Shea; Pub: W B Saunders	
3c	<b>The Psychiatric Interview (Practical Guidelines in Interviewing)</b> D Carlat; Pub: Lippincott Williams & Wilkins	Optional alternate text

<b>MSE &amp; Phenomenology</b>		
4a	<b>The Psychiatric Mental Status Examination</b> Paula T. Trzepacz & Robert W. Baker; Pub: Oxford University Press	Both are good – Trzepacz is a bit more accessible for 1st years. Suggest trainees get both at some point pre-exam
4b	<b>Symptoms in the Mind: an Introduction to Descriptive Psychopathology</b> Andrew Sims; Pub: W B Saunders	
4c	<b>Fish's Clinical Psychopathology</b> Casey and Kelly; pub: RCPsych Publications	Optional alternate text
5	<b>Cognitive Assessment for Clinicians</b> JR Hodges; Pub: Oxford University Press	Essential assessment text
<b>Diagnosis &amp; Formulation</b>		
6a	<b>Diagnostic &amp; Statistical Manual of Mental Disorders version 5 (DSM-5)</b> [APA Press]	Essential diagnostic manual – DSM-5 is the version in current use
6b	<b>International Classification of Disease- ICD-10 (or 11 when released)</b>	Alternative diagnostic manual and classificatory system to DSM. Trainees should be aware of this system
and see 10b below: <b>Psychiatric Case Formulations</b> by L Sperry		
<b>Management</b>		
7a	<b>Management of Mental Disorders</b> Andrews, Dean, Genderson et al., Independent Publishing Platform	Essential text on management
7b	<b>Gabbard's Treatments of Psychiatric Disorders</b> Pub: American Psychiatric Publishing, Inc.	Alternate texts on management
7c	<b>Management of Mental Disorder 1&amp;2- Treatment protocol Project</b> World Health Organization Collaborating Centre	
<b>Organic Psychiatry</b>		
8a	<b>Organic psychiatry: the psychological consequences of cerebral disorder</b> Lishman W.A. [Blackwell Scientific]	Core organic psychiatry texts – either of these is fine
8b	<b>APA Textbook of Neuropsychiatry</b> [APA Press]	
<b>Psychotherapies</b>		
9	<b>An Introduction to the Psychotherapies</b> S Bloch; Pub: Oxford University Press	A good overview of the psychotherapies
10a	<b>Long-Term Psychodynamic Psychotherapy: A Basic Text</b> (Excellent "how to" explanatory book about actually doing psychotherapy) Glen Gabbard; Pub: American Psychiatric Publishing, Inc.	Essential to read this before starting your Psychotherapy Written Case with a patient
10b	<b>Psychiatric Case Formulations</b> L Sperry et al; Pub: American Psychiatric Publishing, Inc.	Advisable to read before writing up the Psychotherapy Written Case
11a	<b>Psychodynamic Psychiatry in Clinical Practice</b> (links psychological understandings to usual clinical work) Glen Gabbard; Pub: American Psychiatric Press, Inc.	Excellent and comprehensive, core psychotherapy texts – at least one of these should be read
11b	<b>Oxford textbook of Psychotherapy</b> G Gabbard, J Beck, J Holmes	
11c	<b>Individual Psychotherapy and the Science of Psychodynamics</b> David H Malan	A more advanced text – suitable for Stage 3 training

<b>Psychotherapies contd.</b>		
12a	<b>Cognitive Behavior Therapy for Psychiatric problems: A Practical Guide</b> (Oxford Medical Publications) by Hawton, Salkovskis, Kirk & Clark	Core CBT text
12b	<b>Cognitive Behavior Therapy: Basics and Beyond</b> Judith S. Beck; Pub: Guilford Press	Alternate core CBT text
<b>Critical Appraisal &amp; EBM</b>		
13a	<b>Evidence-Based Mental Health Care</b> S Hatcher, R Butler, M Oakley-Browne; Pub: Elsevier Ltd	This is commonly a challenging area so both texts are recommended, as they cover different but overlapping areas. Essential preparation for CAP questions in MCQ exam.
13b	<b>Critical Appraisal for Psychiatry</b> S Lawrie, A MacIntosh, S Rao; Pub: Churchill Livingstone	
13c	<b>How to Read a Paper: The Basics of Evidence-Based Medicine</b> T Greenhalgh; Pub: Wiley Blackwell	Alternate texts on Critical Appraisal
13d	<b>Critical Reviews in Psychiatry</b> Brown and Wilkinson, Gaskell Publications (RCPsych)	
13e	<b>The Doctor's Guide to Critical Appraisal</b> N Gosall, G Gosall; Pub: PasTest Ltd, 4 <sup>th</sup> edition	Helpful with good examples but not specific to psychiatry
<b>Psychopharmacology</b>		
14a	<b>Stahl's Essential Psychopharmacology: Neuroscientific Basis and Practical Applications</b> (Essential Psychopharmacology Series) Stephen Stahl	Core psychopharmacology texts – suggest read both.
14b	<b>Fundamentals of Psychopharmacology</b> Brian E Leonard; Pub: Wiley Blackwell	
15a	<b>The Maudsley Prescribing Guidelines</b> Carol Paton and David Taylor and Shitij Kapur	Useful for everyday prescribing
15b	<b>Psychopharmacology: The Fourth Generation of Progress.</b> Floyd E. Bloom, David J. Kupfer (Eds.) Raven Press, New York 1995	
15c	<b>Fundamentals of Clinical Psychopharmacology</b> Ian Anderson and Hamish McAllister-Williams, Fourth Edition (2016) The British Association of Psychopharmacology	Good easily digested paperback which isn't too expensive.
<b>Ethics</b>		
16a	<b>Psychiatric Ethics</b> Bloch S; Pub: Oxford University Press	Core ethics texts – either is fine
16b	<b>In Two Minds: A Casebook of Psychiatric Ethics</b> D Dickenson, W Fulford, KWM Fulford; Pub: Oxford University Press	
<b>ECT</b>		
17a	<b>The Electroconvulsive Therapy Workbook - Clinical Applications</b> Alan Weiss; Pub: Routledge (Taylor and Francis Group), 2018	Up to date, practical guide to ECT and neurostimulation practice written in the Australasian context.
17b	<b>Electroconvulsive Therapy - An Australasian Guide</b> (ed. JWG Tiller & RW Lyndon) Pub: <a href="https://www.heal.edu.au/products/electroconvulsive-therapy-a-guide-2nd-edition/">https://www.heal.edu.au/products/electroconvulsive-therapy-a-guide-2nd-edition/</a>	Useful locally written ECT text

<b>Addiction Psychiatry</b>		
18	<b>Drugs &amp; Alcohol Abuse: a clinical guide to diagnosis and treatment</b> M A Schuckit; Pub: Plenum Medical Book Co.	Core addiction psychiatry text
<b>Child and Adolescent Psychiatry</b>		
19	<b>Clinical Child Psychiatry</b> W M Klykylo, J Kay, D Rube; Pub: John Wiley & Sons	Good core child psychiatry text
19b	<b>Rutter's Child and Adolescent Psychiatry</b> M. Rutter et al; Pub: Wiley-Blackwell; 5 <sup>th</sup> edition	Classic child psychiatry text – alternate core CAP text
19c	<b>Lewis's Child and Adolescent Psychiatry: A Comprehensive Textbook</b> M Lewis; Pub: Lippincott Williams & Wilkins; 4 <sup>th</sup> edition	Other alternate child psychiatry texts
19d	<b>Basic Child Psychiatry</b> Philip Barker; Pub: Wiley-Blackwell	
19e	<b>Child and Adolescent Psychiatry</b> David Coghill et al; Pub: Oxford University Press	
19f	<b>Child and Adolescent Psychiatry</b> R Goodman and S Scott; Pub: Wiley-Blackwell	
20	<b>Practitioner's Guide to Psychoactive Drugs for Children and Adolescents</b> JS Werry and MG Aman; Pub: Springer, 2 <sup>nd</sup> Edition	Practical child psychopharmacology
<b>Consultation–Liaison Psychiatry</b>		
21a	<b>Clinical Manual of Psychosomatic Medicine: A Guide to Consultation–liaison Psychiatry</b> Michael G. Wise, James R. Rundell; Pub: American Psychiatric Publishing Inc.	Core consultation-liaison psychiatry text
21b	<b>Massachusetts General Hospital - Handbook of General Hospital Psychiatry (Edition 6)</b> By Theodor A Stern MD; Pub: Saunders Elsevier	Alternate consultation-liaison psychiatry text
<b>Forensic Psychiatry</b>		
22	<b>Forensic Psychiatry: Clinical, Legal and Ethical Issues</b> John Gunn and Pamela Taylor; Pub: CRC Press	Core forensic psychiatry text
<b>Psychiatry of Old Age</b>		
23a	<b>Oxford textbook of Old Age Psychiatry</b> Edited by Tom Dening and Alan Thomas; Pub: Oxford University Press	Core old age psychiatry text
23b	<b>Community Mental Health for Older People</b> Gerard Byrne and Christine C Neville; Pub: Elsevier	Alternate POA text, Australian author, community based focus.
24	<b>Geriatric Consultation Liaison Psychiatry</b> P S Melding & B Draper; Pub: Oxford University Press	Useful POA and C-L text
<b>Mental Health Services (for Australian trainees)</b>		
25	<b>Mental Health in Australia: Collaborative Community Practice</b> Graham Meadows et al; Pub: Oxford University Press	Locally written text on Mental Health services.
<b>General Medicine</b>		
26	<b>Oxford Handbook of Clinical Medicine</b> I. Wilkinson	General medicine text helpful for the OSCEs as well as “organic” differentials.

## JOURNALS

Australian & New Zealand Journal of Psychiatry

Australasian Psychiatry

British Journal of Psychiatry

American Journal of Psychiatry

Psychosomatics

Journal of Psychological Medicine

Advances in Psychiatric Treatment <http://www.ranzcp.org/Publications/Journal-Library.aspx>

JAMA Psychiatry

## RANZCP Resources:

Clinical Practice Guidelines (current/ updated versions)

Clinical Memoranda

Position Statements

Exam Archive materials

## PRACTICE AND POLICY GUIDELINES PRODUCED BY LOCAL & STATE/NATIONAL HEALTH SERVICES

Especially managerial and organisational themes, for example:

- managing adverse incidents
- safe ward practice e.g. policies on reducing seclusion
- Indigenous mental health
- ECT

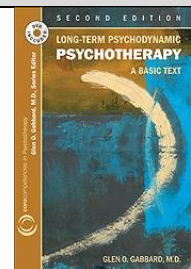
## THE APA CORE COMPETENCIES SERIES

### Long-Term Psychodynamic Psychotherapy

A Basic Text, Second Edition

Core Competencies in Psychotherapy

Glen O. Gabbard, M.D. Series Editor: Glen O. Gabbard, M.D.



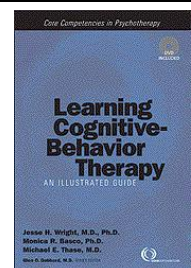
### Learning Cognitive-Behavior Therapy

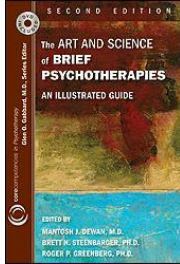
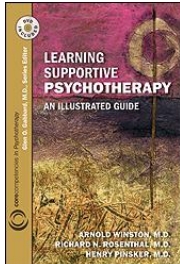
An Illustrated Guide

Core Competencies in Psychotherapy

Jesse H. Wright, M.D., Ph.D., Monica Ramirez Basco, Ph.D., and Michael E. Thase, M.D.

Series Editor: Glen O. Gabbard, M.D.



<p><b>The Art and Science of Brief Psychotherapies</b>  An Illustrated Guide, Second Edition  Core Competencies in Psychotherapy  Edited by Mantosh J. Dewan, M.D., Brett N. Steenbarger, Ph.D., and Roger P. Greenberg, Ph.D</p>	
<p><b>Learning Supportive Psychotherapy</b>  An Illustrated Guide  Core Competencies in Psychotherapy  Arnold Winston, M.D., Richard N. Rosenthal, M.D., and Henry Pinsker, M.D.  Series Editor: Glen O. Gabbard, M.D.</p>	

<p><b>PODCASTS:</b></p>
<p>Jon Frederickson psychodynamic issues. <a href="https://www.youtube.com/user/JonFrederickson/videos">https://www.youtube.com/user/JonFrederickson/videos</a></p>
<p>The Maudsley debates series at King's College</p>
<p>MGH Psychiatry Academy</p>
<p>Lancet Psychiatry</p>